



Pool Schedule

September 25—December 9, 2023

Registration is required for all programs and swim times

Please note: You can register for Pool Parties and Semi/Private Lessons through our online portal at ymcaneo.ca

Members Only

Registered Program

Adult (16+)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	
LANE/REC SWIM 6:00AM-8:50AM	REC SWIM 6:00AM-4:20PM	LANE/REC SWIM 6:00AM-10:20AM	REC SWIM 6:00AM-11:50AM	LANE/REC SWIM 6:00AM-8:50AM	REC SWIM 6:00AM-4:20PM	LANE/REC SWIM 6:00AM-10:20AM	REC SWIM 6:00AM-11:50AM	LANE/REC SWIM 6:00AM-8:50AM	REC SWIM 6:00AM-3:00PM	MEMBERS ONLY LANE/REC SWIM 8:00AM-8:55AM	MEMBERS ONLY REC SWIM 8:00AM-8:55AM	LANE/REC SWIM 8:00AM-2:30pm	REC SWIM 8:00AM-2:30PM SLIDE: 1:30PM-2:30PM BIRTHDAY PARTY RENTAL 2:30-3:30	
AQUAFIT 9:00AM-9:45PM		AQUAFIT 10:30AM-11:15AM	AQUAFIT 9:00AM-9:45AM	AQUAFIT 10:30AM-11:15AM		AQUAFIT 9:00AM-9:45AM	AQUAFIT 10:30AM-11:15AM	AQUAFIT 9:00AM-9:45AM		AQUAFIT 10:30AM-11:15AM	SWIM LESSONS 9:00M-1:00PM			SWIM LESSONS 9:00AM-1:00PM
LANE/REC SWIM 9:50AM-4:20PM		REC/LANE SWIM 11:20AM-4:20PM	AQUALITE 12:00-12:45PM	REC SWIM 12:50-2:00PM		LANE/REC SWIM 9:50AM-4:20PM	REC/LANE SWIM 11:20AM-4:20PM	AQUALITE 12:00PM-12:45PM		REC SWIM 12:50-2:00PM	LANE/REC SWIM 9:50AM-3:00PM			REC SWIM 12:50-2:00PM
PRIVATE SWIM LESSONS 4:30PM-7:30PM	PRIVATE SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	YOUTH FIT SWIM 6:15-7:15PM	SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	MEMBERS ONLY 3:00-5:00PM	MEMBERS ONLY 3:00-5:00PM			
MEMBER ONLY 4:30PM-7:30PM	MEMBER ONLY 4:30PM-7:30PM													
AQUAFIT 7:45PM-8:30PM	REC SWIM 7:35PM-9:00PM	LANE/REC SWIM 7:35-9:00PM	REC SWIM 7:35-9:00PM	AQUAFIT 7:45-8:30PM	REC SWIM 7:35-9:00PM	AQUAFIT 7:45-8:30PM	REC SWIM 7:35-9:00PM	LANE/REC SWIM 7:35-9:00PM	REC SWIM 7:35-9:00PM	REC SWIM 5:00PM-9:00PM	REC SWIM 5:00PM-9:00PM			
LANE/REC SWIM 8:30PM-9:00PM	SLIDE: 7:35PM-8:00PM		SLIDE: 7:35PM-8:00PM	SLIDE: 7:35PM-8:00PM	LANE/REC SWIM 8:30-9:00PM	SLIDE: 7:35PM-8:00PM	LANE/REC SWIM 8:30-9:00PM	SLIDE: 7:35PM-8:00PM	LANE/REC SWIM 7:35-9:00PM	SLIDE: 7:35PM-8:00PM	SLIDE: 7:00PM-8:00PM			

705-674-8315
ymcaneo.ca

**Schedules are subject to change.



Pool Descriptions

Registration is required for all programs and swim times

AQUATIC PROGRAMS

Recreation Swim: During recreation swim, enjoy access to our leisure pool and limited access to our waterslide as well as limited access to our lap pool.

Lane swim: During lane swim our lap pool is available for adults, seniors and young adults to enjoy a work out, work or work on their strokes in leisure, medium and fast-paced options. Registration is required to book a lane

Aqua Fit: Use water resistance and buoyancy to strengthen muscles and cardiovascular capacity in an easy-on-the-joints way. Modifications will be provided for participants to increase or decrease exercise intensity depending on individual goals. Registration is required to guarantee your spot

Rentals: Rental times can be booked in advance through the aquatic supervisor. If the rental times are not booked by the Thursday prior, they will become recreational swim times as of Friday morning.

AQUATIC WRIST BAND PROCEDURES

In order to swim out of arms- reach of a parent or go on the water slide, swimmers between the ages of 6-9 years will need to complete a short swim test. All patrons must adhere to our swim admissions standards which can be found on our website by visiting www.ymca neo.ca

SWIMMING WITH CHILDREN

Swimmers **under 5 years old** must always be within arms reach of a guardian who is 16 or older. Each guardian can be responsible for a maximum of two swimmers under 5 at one time.

Swimmers **6-9 years old** who want to swim away from a guardian or use the slide must complete a swim test including a 20 meter swim, 30 seconds of treading water and jumping into the deep end.

Swimmers **10 years and older** can discuss their swimming experience and ability with our lifeguards to determine whether a swim test needs to be completed. If a child is 10 years and older and the lifeguards are concerned about their swimming capabilities, they may be asked to complete a swim test.

For a more detailed description of our swim admissions standards and our swim test please visit the Aquatics section of our webpage, www.ymca neo.ca.

SWIMMING LESSONS

Parent Assisted (3 months-36 months): Parents assisted swim lesson is Instructor led. Parents and babies alike will learn proper holding and swimming techniques through songs and games.

Little Dipper (Ages 3-5): The preschool swim lesson program is for ages 3-5. Levels include Bobber, Floater, Glider, Diver, Surfer and Dipper. These classes run for 30 minutes

Learn to Swim (Ages 6-12): Learn to swim lessons are for ages 6-12. These levels include Otter, Seal, Dolphin and Swimmer. These classes run for 30 minutes.

Star Swim Class (Ages 6-15): Star classes are 1-6 and run for 30 minutes.

ADULT SWIMMING LESSONS

Level 1: Open to non-swimmers or anyone looking to gain comfort in the water.

Level 2: Students must be comfortable swimming 20 m (one length of the pool). This class is open to those who want to develop stronger swimming skills and stroke improvement.

Level 3: Students must be comfortable swimming 200 m. This class is open to those who want to develop their cardiovascular fitness, muscle endurance and efficiency in the water.

Youth Fitness Swim: This program will allow participants to work on their endurance skills, lifesaving skills and any other areas they need to improve on in order to complete their certification courses.

Birthday Party Bookings:

Package 1: Enjoy your special day at the YMCA! Your party will take place on Saturday from 1:45pm-3:45pm. This includes a non exclusive/open pool rental from 1:45pm-2:45pm. Wrap up the festivities with 1 hour in our youth room.

Package 2: Enjoy your special day at the YMCA! Your party will take place on Sunday from 1:30pm-3:30pm. This includes a youth room rental from 1:30pm-2:30pm. Wrap up the festivities with a 1 hour private pool rental..